

Removing Spike Proteins, Eliminating Graphene Oxide, Reversing mRNA Damage and More with Dr. Nieuwsma

According to a recent study published by *The Lancet*, people who've recently been vaccinated **carry a viral load that is 251 times higher than those who are unvaccinated, endangering them and their co-workers.**

If you've had the vaccine – or if you're surrounded by those who have, you'll want to hear about how to eliminate the toxic graphene oxide and to reverse the mRNA damage that they cause, according to Dr Joe Nieuwsma, who joins Sarah Westall on Business Game Changers to discuss.

Also, don't miss this helpful list on [Sarah Westall's website](#), which will be updated regularly. The most recent September 17th update appears below. (This is not medical advice).

DR JOE NIEUSMA'S ADVICE

First, do not get sick. It is very important to not trigger an auto immune response which could turn your immune system against itself creating a serious life-threatening situation.

I. HOW TO KEEP FROM GETTING SICK

A. Do the work to have a healthy body: Rest, hydration, nutrition, and exercise

B. Maintain High Normal Levels of Vitamin D of 50-70 (from Dr Zelenko's Z-Stack, or from your favorite supplement shop)

C. Zinc – (from Dr Zelenko's Z-Stack, or from your favorite supplement shop) but it needs to be taken with one of these 3 mechanisms to get into the cell:

1. Quercetin with Vitamin C (again, from the Z-Stack or your favorite supplement shop)
2. Hydroxychloroquine (as prescribed by your doctor)
3. Ivermectin (as prescribed by your doctor or a pet store – be sure to use proper dosage)

D. Carbon 60 with Specific Guidelines:

1. High quality, 99% without residues/solvents
2. Preferably carried in Black seed oil that reverses some of the damage of the vaccine (from Live Longer Labs or your favorite supplier that meets these guidelines)

E. N-Acetyl-L-Cysteine (NAC) to Increase Glutathione Levels (find it at your favorite supplement shop)

1. Glutathione levels decrease as you age. Take NAC to increase your glutathione levels up to that of a younger person.
2. Glutathione is your body's natural mechanism for removing heavy metals that do not belong in your body, including Graphene Oxide.

F. Chlorine Dioxide

1. Phase 3 trials have been completed in Switzerland by Dr Andreas Kalcker, proving its effectiveness – use his formula
2. Chlorine dioxide is not legal in the US even though the US Government knows that it works. However, people can find creative means to get it.
3. Chlorine dioxide is legal in most countries and in a few, it's actually the standard way of dealing with viruses/illness.

Chlorine dioxide is approved for purification of drinking water in the US and TwinOxide is an ultrapure form of chlorine dioxide – [Learn more](#)

II. WHAT TO DO IF YOU GET SICK

A. If you suspect you are sick from a virus or bacteria, double down on the above protocols

B. If you suspect you are sick due to spike proteins from the mRNA jab, double down on

1. C60 with Blackseed oil & curcumin
2. Chlorine Dioxide (from Twin Oxide)

Note: Dr. Andreas Kalcker, a researcher of chlorine dioxide for over 20 years, has verified on his website, forbiddenhealth.com, that the spike protein is eliminated by chlorine dioxide. The protein is broken down by oxidation when in contact with chlorine dioxide. By eliminating the spike protein, the subsequent inflammation reaction will also be reduced.

If you are sick despite the above protocols, contact a doctor that knows how to deal with vaccine damage or with COVID. Do not go to just any doctor or hospital.

III. REVERSING mRNA CELL DAMAGE

A. C60 with Blackseed oil & curcumin

B. Use an effective fasting protocol (each person's body will vary – likely at least 16 hours daily up to 3 days to trigger cell rejuvenation)

Also, be aware that the mRNA treatment has been proven to cause lymphadenopathy, appendicitis, Herpes Zoster infection, acute CNS Demyelination, Functional Neurological Disorder (FND), Antibody Dependent Enhancement (ADE), Guillain-Barre Syndrome autoimmune paralysis, Bell's Palsy, Heart Issues, Blood clots and Blood disorders, Graves disease autoimmune disorder, Pregnancy complications including miscarriages, and more.

If you have any of these adverse reactions, you must see a qualified doctor. You should also use the protocols above for reversing the mRNA cell damage. While the damage has already been done to your body, these protocols may help your body heal.

Remember that the goal is to get in front of the issues. If you can stop the problems BEFORE they occur, you have a much better chance for returning to full health and for survival.

Other important resources:

- Dr. Zelenko's September 2021 report: [THE VACCINE DEATH REPORT](#)
- [Notice of liability from doctors & scientists to the EMA and the Members of the European Parliament Class action lawsuit: America's Frontline Doctors vs the U.S. Department of Health & Human Services](#)